



AMERICAN SAFETY &
HEALTH INSTITUTE

MEDIC
First Aid



STOP LIFE-THREATENING BLEEDING

The purpose of the HSI Stop Life-Threatening Bleeding training program is for participants to gain or improve knowledge and skill proficiency in life-threatening bleeding control.

- ✓ HSI Stop Life-Threatening Bleeding has been approved by the HSI Medical Advisory Board and reviewed by the HSI Advisory Council.
- ✓ It incorporates principles and strategies for effective hemorrhage control endorsed by representatives of The Hartford Consensus III: Implementation of Bleeding Control and adapted from the American College of Surgeons (ACS) STOP THE BLEED® program.
- ✓ This program conforms with the 2020 American Heart Association and American Red Cross Focused Update for First Aid.

Intended audience

This class audience is individuals from a broad range of backgrounds in the community and workplace who desire, or are occupationally required, to be trained to stop life-threatening bleeding.

Delivery options

- Traditional Classroom
- Blended Learning

Instructional elements

- HSI Stop Life-Threatening Bleeding Skill Guide (one per participant)
- HSI Stop Life-Threatening Bleeding Instructor Guide (one per instructor, print or digital)
- HSI Stop Life-Threatening Bleeding media presentation (program video, or computer/online blended class)

Online portal

- Streaming/Offline video presentation player
- Create custom playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes

Student certification requirements

- Performance evaluation: All students must perform required skills competently without assistance.
- Written evaluation: Required for Certification only in a Challenge class format.

Certification period

- 2 years from month of issue

Recommended time to complete

- About 1 ½ hours



hsi.com/cpr

P: 800-447-3177

E: CustomerService@hsi.com



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Topics Covered

- Assessment of the scene and person
- Recognizing the signs of life-threatening bleeding
- How to take quick, effective action in a life-threatening bleeding event
- The difference between a bystander and an immediate responder
- Understanding the critical factors of blood loss
- The importance of taking standard safety precautions before providing help
- How to use appropriate personal protective equipment (PPE)
- Finding the source of bleeding
- Identifying the components of a bleeding control kit
- Using a bleeding control kit
- How to help if no bleeding control kit is readily available
- Applying direct, manual pressure on a wound to stop life-threatening bleeding
- Wound packing with direct manual pressure
- How to use a commercially manufactured tourniquet
- Using improvised tourniquets (optional)
- Caring for a person after life-threatening external bleeding has stopped